

Infinity Women Secretariat



Gender-based Violence Resource Guide

Edition 2, March 2023



TABS

Hotlines

Youth

Winnipeg

Interlake

Southeast

Southwest

The Pas

Northwest

Thompson

IWS & MMF Resources

Family Violence Prevention

Supportive Approaches To Family Violence

Safety Planning

Power and Control Wheel



Important: if you are concerned for your safety, please keep this booklet in a safe and private place.

HOTLINES





HOTLINES

Adult Mobile Crisis Unit

(204) 940-1781

AFM

(204) 944-6200 or 1 (866) 638-2561

AIDS/STI Information Line

(204) 945-2437 or 1 (800) 782-2437

Alcoholics Anonymous Self Help Groups

(204) 942-0126

Anxiety Disorders Association

(204) 925-0600

Child Abuse Hotline

(204) 944-4050 OR (204)986-6245

Crisis Response Centre

(204) 940-1781

Domestic Violence Hotline

1 (877) 977-0007

Eia Intake Line

(204) 948-4000

Health Links

(204) 788-8200

Human Trafficking Hotline

1 (800) 222-8477

Ikwe-Widdjiitwin (for Domestic Violence)

1 (800) 362-3344

Kids Help Phone

1 (800) 668-6868

Klinic Crisis Line

(204) 786-8686

Manitoba Addictions Hotline

1-855-662-6605

Manitoba's Youth in Care Network

(204) 982-4956 or 1 (866) 982-4956

MB Suicide Prevention & Support Line

1 (877) 435-7170

Men's Treatment Services

(204) 944-6209

Sexual Assault Crisis Line

1-888-292-7565 or (204)786-8631

Sexual Assault Hotline (Klinic)

(204) 784-4089

Sexual Assault Line (Klinic)

(204) 786-8631

Street Connections

(204) 981-0742

in an emergency





HOTLINES

Suicide Prevention Hotline (Klinic)

(204) 784-4089

Trafficking Hotline

1 (844) 333-2211

Victim Services

(204) 945-6851

Willow Place Shelter for Women and Children

(204) 615-0311

Winnipeg Harvest

(204) 982-3660

Winnipeg Police Service Sex Crimes Unit

(204) 986-6245

Winnipeg Police Non-emerg Line

(204) 986-6222

Youth Mobile Crisis Unit

(204) 949-4777



2SLGBTQ+ Youth Line

1 (800) 268-9688

Trans Lifeline

1 (800) 330-6366

YOUTH

**Silence is
violence.**

Talk about it.





Resource Assistance for Youth (RAY)

✉ 125 Sherbrook Street, Winnipeg, MB

☎ (204) 783-5617

HUDDLE Youth Hub

✉ 533 Broadway (West Broadway Common), Winnipeg, MB;
A-17 Rue St. Mary's, Winnipeg, MB; 103-61 Tyndall Avenue, Winnipeg,
MB; Ka Ni Kanichihk, 765 Main Street (the Social Enterprise Building),
Winnipeg, MB; 701 Rosser Avenue, Brandon, MB

Ndinawe Youth Resource Centre/Tina's Safe Haven

✉ 472 Selkirk Avenue, Winnipeg, MB

☎ (204) 417-7233

Macdonald Youth Services - Youth Resource Centre & Emergency Shelter

✉ 159 Mayfair Avenue, Winnipeg, MB

☎ (204) 477-1804

Rainbow Resource Centre (RRC)

✉ 170 Scott Street, Winnipeg,

☎ (204) 474-0212

☎ Toll-Free: 1 (855) 437-8523

☎ Fax: (204) 478-1160

@ info@rainbowresourcecentre.org

REACH Youth Services Inc.

✉ Winnipeg, MB

@ jennifer.westaway@reachyouthservices.ca

☎ (204) 294-7760

VOICES: Manitoba's Youth In Care Network

✉ 300-61 Juno Street, Winnipeg, MB

☎ (204) 982-4956

West End 24

✉ 430 Langside

☎ (204) 333-9681

Rossbrook House

✉ 658 Ross Avenue

☎ (204) 949-4090

The Bunker Youth Ministry

✉ 545 Industrial Drive, Winkler MB

☎ (204) 325-9723



Learn about it.

There are many common tactics used by abusers to gain submission from a victim.

See the **Power and Control Wheel** section for more.



Resource Assistance for Youth (RAY)

✉ 125 Sherbrook Street, Winnipeg, MB

☎ (204) 783-5617

Youth Employment Services (Y.E.S. Manitoba Inc.)

✉ 614-294 Portage Avenue, Winnipeg, MB

☎ (204) 987-8661

HUDDLE Youth Hub

✉ 533 Broadway (West Broadway Common), Winnipeg, MB; A-17 Rue St. Mary's, Winnipeg, MB; 103-61 Tyndall Avenue, Winnipeg, MB; Ka Ni Kanichihk, 765 Main Street (the Social Enterprise Building), Winnipeg, MB; 701 Rosser Avenue, Brandon, MB

Macdonald Youth Services - Youth Resource Centre & Emergency Shelter

✉ 159 Mayfair Avenue, Winnipeg, MB

☎ (204) 477-1804

Rainbow Resource Centre (RRC)

✉ 170 Scott Street, Winnipeg,

☎ (204) 474-0212

Toll-Free: 1 (855) 437-8523

☎ Fax: (204) 478-1160

📧 info@rainbowresourcecentre.org

REACH Youth Services Inc.

✉ Winnipeg, MB

📧 jennifer.westaway@reachyouthservices.ca

☎ (204) 294-7760

Eagle's Nest Aboriginal Youth Resource & Recreation Centre

✉ 601 Aikins Street, Winnipeg, MB

☎ (204) 954-3075



Resource Assistance for Youth (RAY)

✉ 125 Sherbrook Street, Winnipeg, MB

☎ (204) 783-5617

HUDDLE Youth Hub

✉ 533 Broadway (West Broadway Common), Winnipeg, MB; A-17 Rue St. Mary's, Winnipeg, MB; 103-61 Tyndall Avenue, Winnipeg, MB; Ka Ni Kanichihk, 765 Main Street (the Social Enterprise Building), Winnipeg, MB; 701 Rosser Avenue, Brandon, MB

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✉ 170 Scott Street, Winnipeg, MB

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☎ Toll-Free: 1 (855) 437-8523

☎ Fax: (204) 478-1160

@ info@rainbowresourcecentre.org

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✉ 601 Aikins Street, Winnipeg, MB

☎ (204) 954-3075

Rossbrook House

✉ 658 Ross Avenue, Winnipeg, MB

☎ (204) 949-4090

the **violence at home** *signal for help*





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Rainbow Resource Centre (RRC)

✉ 170 Scott Street, Winnipeg, MB

☎ (204) 474-0212

☎ Toll-Free: 1 (855) 437-8523

☎ Fax: (204) 478-1160

📧 info@rainbowresourcecentre.org

REACH Youth Services Inc.

✉ Winnipeg, MB

📧 jennifer.westaway@reachyouthservices.ca

☎ (204) 294-7760

SERC: Sexuality Education Resource Center

✉ 167 Sherbrook Street, Winnipeg, MB

☎ (204) 982-7800

Teen Health Clinic

✉ 167 Sherbrook Street, Winnipeg, MB

☎ (204) 784-4090

Youth Mobile Crisis Unit

☎ (204) 949-4777

Teen Talk (non crisis)

☎ (204) 784-4010

Manitoba's Youth in Care Network

☎ (204) 982-4956 or 1 (866) 982-4956

2SLGBTQ+ Youth Line

☎ 1 (800) 268-9688

Child Abuse Hotline

☎ (204) 944-4050 or (204) 986-6245

Kids Help Phone

☎ 1 (800) 668-6868

Child & Adolescent Treatment Centre

✉ 1240 10th Street, Brandon, MB

☎ (204) 578-2700 or toll free

☎ 1 (866) 403-5459

Addictions Foundation Of Manitoba Compass Youth Live-In Program

✉ 175 Nomad Street, Southport, MB

☎ (204) 428-6600

☎ Fax: (204) 428-6611



INCOME

Manitoba Parental Benefit

☎ Toll Free 1 (877) 587-6224 (outside Winnipeg)
(204) 945-1301 (Winnipeg)

Canada Child Benefit

☎ 1 (800) 387-1193

Manitoba Rental Assistance

✉ 114 Garry Street, Winnipeg, MB
☎ (204) 948-7368

EIA St. Boniface

✉ 170 Goulet Street, 3rd Floor, Winnipeg, MB
☎ (204) 948-4290

EIA Centralized Services

✉ 111 Rorie Street, #1, Winnipeg, MB
☎ (204) 948-4000

Resource Assistance for Youth (RAY)

✉ 125 Sherbrook Street, Winnipeg, MB
☎ (204) 783-5617

HUDDLE Youth Hub

✉ 533 Broadway (West Broadway Common), Winnipeg, MB; A-17 Rue St. Mary's, Winnipeg, MB; 103-61 Tyndall Avenue, Winnipeg, MB; Ka Ni Kanichihk, 765 Main Street (the Social Enterprise Building), Winnipeg, MB; 701 Rosser Avenue, Brandon, MB

Macdonald Youth Services - Youth Resource Centre & Emergency Shelter

✉ 159 Mayfair Avenue, Winnipeg, MB

☎ (204) 477-1804

Rainbow Resource Centre (RRC)

✉ 170 Scott Street, Winnipeg, MB

☎ (204) 474-0212

☎ Toll-Free: 1 (855) 437-8523

☎ Fax: (204) 478-1160

📧 info@rainbowresourcecentre.org

REACH Youth Services Inc.

✉ Winnipeg, MB

📧 jennifer.westaway@reachyouthservices.ca

☎ (204) 294-7760

in an emergency





SCHOOLING

Youth Employment Services (Y.E.S. Manitoba Inc.)

✉ 614-294 Portage Avenue, Winnipeg, MB

☎ (204) 987-8661

HUDDLE Youth Hub

✉ 533 Broadway (West Broadway Common), Winnipeg, MB; A-17 Rue St. Mary's, Winnipeg, MB; 103-61 Tyndall Avenue, Winnipeg, MB; Ka Ni Kanichihk, 765 Main Street (the Social Enterprise Building), Winnipeg, MB; 701 Rosser Avenue, Brandon, MB

Ndinawe Youth Resource Centre/Tina's Safe Haven

✉ 472 Selkirk Avenue, Winnipeg

☎ (204) 417-7233

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✉ 159 Mayfair Avenue, Winnipeg, MB

☎ (204) 477-1804

Rainbow Resource Centre (RRC)

✉ 170 Scott Street, Winnipeg,

☎ (204) 474-0212

☎ Toll-Free: 1 (855) 437-8523; Fax: (204) 478-1160

@ info@rainbowresourcecentre.org

REACH Youth Services Inc.

✉ Winnipeg, MB

@ jennifer.westaway@reachyouthservices.ca

☎ (204) 294-7760

Eagle's Nest Aboriginal Youth Resource & Recreation Centre

✉ 601 Aikins Street, Winnipeg, MB

☎ (204) 954-3075

GENDER BASED VIOLENCE

comes in many forms



WINNIPEG

WINNIPEG





Main Street Project- Emergency shelter

- ✉ 637 Main Street, Winnipeg, MB
- ✉ Admin Office: 661 Main Street, Winnipeg, MB
- @ admin@mainstreetproject.ca
- ☎ (204) 982-8229

The Salvation Army-Shelter

- ✉ 180 Henry Avenue, Winnipeg, MB
- ☎ Administration (204) 946-9400
- ☎ Anchorage (204) 946-9401
- ☎ Haven (204) 946-9404
- ☎ Residential Services (204) 946-9402
- @ info@wpgboothcentre.ca

End Homelessness Winnipeg, MB

- ✉ 209A - 1075 Portage Avenue, Winnipeg, MB
- @ info@endhomelessnesswinnipeg.ca
- ☎ (204) 942-8677

Siloam Mission

- ✉ 300 Princess Street, Winnipeg, MB
- @ siloammissioninformation@siloam.ca
- ☎ (204) 956.4344
- ☎ 1 (866) 648-4673

N'Dinawemak - Our Relatives' Place

- ✉ 190 Disraeli Fwy., Winnipeg, MB
- ☎ (204) 943-1803
- @ fnfao@manitobachiefs.com

West Central Women's Resource Centre

✉ 640 Ellice Avenue, Winnipeg, MB

☎ (204) 774-8975

☎ Fax: (204) 783-3173

@ info@wcvrc.ca

Indigenous Womens Healing Centre

✉ 105 Aikins Street, Winnipeg, MB

☎ (204) 989-8240

☎ Fax: (204) 586-1101

@ rswnwt1@iwhc.ca

Lighthouse Mission

✉ 669 Main Street, Winnipeg, MB

☎ Donation Line: (204) 947-9902

☎ Mission Line: (204) 943-9669

@ info@lighthousemission.ca

St. Boniface Street Links

✉ 311 Provencher Blvd., Winnipeg, MB

☎ (204) 615-5557

☎ (204) 294-7637

@ info@stbonifacestreetlinks.com

@ mwillis@stbonifacestreetlinks.com

Fort Garry Women's Resource Centre

✉ 1150-A Waverley Street, Winnipeg, MB

☎ 1 (204) 477-1123

New Directions

✉ 717 Portage Avenue, Winnipeg, MB

☎ (204) 786-7051



New Journey Housing

✉ 200-305 Broadway Street, Winnipeg, MB

☎ (204) 942-2238

☎ Fax: (204) 942-2239

@ info@newjourneyhousing.com

Manitoba Status of Women

☎ (204) 945-6281

☎ Toll-Free: 1 (800) 263-0234

Bravestone Centre Inc.

✉ St. Norbert PO 202, Winnipeg, MB

☎ (204) 275-2600

☎ Fax (204) 275-5416

@ info@bravestonecentre.ca

Wahbung Abinoonjiiag

✉ 225 Dufferin Avenue, Winnipeg, MB

☎ (204) 925-4610

☎ Fax: (204) 582.9508

@ info@wahbung.org

A Woman's Place

✉ 785 Keewatin Street, Winnipeg, MB

☎ (204) 940-6624

☎ Text: (431) 400-9600

L'Entre Temps Des Franco

✉ PO Box 183 RPO Street Boniface, Winnipeg, MB

☎ (204) 925-2550

Ikwe-Widdjiitiwin

✉ Winnipeg, MB

☎ 1 (877) 977-0007,

Admin: (204) 987-2780

Willow Place

✉ Winnipeg, MB

☎ Crisis: 1 (877) 977-0007,

☎ Admin: (204) 615-0313

Native Women's Transition

✉ 667 Ellice Avenue, Winnipeg, MB

☎ (204) 415-7384

Sara Riel Inc.

✉ 101-66 Moore Avenue, Winnipeg, MB

☎ (204) 237-9263 Ext. 149

@ info@sararielinc.com

in an emergency





HOUSING/SHELTERS

Elizabeth Fry Society of Manitoba

✉ 544 Selkirk Avenue, Winnipeg, MB

☎ (204) 589-7335

☎ Toll Free: 1 (800) 582-5655

☎ Fax: (204) 589-7338

Winnipeg Central Park Women's Resource Centre

✉ 400 Edmonton Street, Winnipeg, MB

☎ (204) 944-8685

Red Road Lodge

✉ 631 Main Street, Winnipeg, MB (at Logan Avenue)

☎ (204) 294-8670

☎ Fax: (204) 306-5561

@ contact@redroadlodge.ca

Manitoba Rental Assistance

✉ 114 Garry Street, Winnipeg, MB

☎ (204) 948-7368

Manitoba Housing

✉ 352 Donald Street, Winnipeg, MB

☎ (204) 945-4663



JOB READINESS

North Point Douglas Womens Centre

✉ 221 Austin Street N, Winnipeg, MB

@ info@npdwc.org

☎ (204) 947-0321

☎ Fax: (204) 957-8978

The S.I.G.N. Foundation

✉ 596 Ellice Avenue, Winnipeg, MB

☎ (204) 291-9556

@ info@thesignfoundation.org

Siloam Mission

✉ 300 Princess Street, Winnipeg, MB

@ siloammissioninformation@siloam.ca

☎ (204) 956-4344

☎ 1 (866) 648.4673

Fort Garry Women's Resource Centre

✉ 1150-A Waverley Street, Winnipeg, MB

☎ (204) 477-1123

New Directions

✉ 717 Portage Avenue, Winnipeg, MB

☎ (204) 786-7051

Bravestone Centre Inc.

✉ St. Norbert PO 202, Winnipeg, MB

☎ (204) 275-2600

☎ Fax (204) 275-5416

@ info@bravestonecentre.ca



Community Unemployed Help Centre

✉ 501-275 Broadway Street, Winnipeg, MB

☎ (204) 942-6556

☎ Toll Free: 1 (866) 942-6556

☎ Fax: (204) 947-9557

@ cuhc@cuhc.mbca

Manitoba Jobs and Skills Development Centres

✉ Downtown Centre: 100 – 111 Lombard Avenue, Winnipeg, MB
(bilingual services available)

☎ (204) 945-0575

☎ 1 (866) 332-5077-

✉ South Centre: 1005 St. Mary's Road, Winnipeg, MB
(bilingual services available)

☎ (204) 945-0575

☎ 1 (866) 332-5077

Knox Employment Entry Program

✉ 406 Edmonton Street #400, Winnipeg, MB

Contact info: (204) 953-2453

Skills and Employment Partnership

✉ 800 Portage Avenue, Winnipeg, MB

☎ (204) 945-0575

Osborne Village Resource Centre

✉ 107 Osborne Street #1, Winnipeg, MB

☎ (204) 989-6503

Success Skills Centre

✉ 406 Edmonton Street #2, Winnipeg, MB

☎ (204) 975-5111

PATH Employability Centre

✉ 627 Selkirk Avenue, Winnipeg, MB

☎ (204) 927-2300

Sara Riel Inc.

✉ 101-66 Moore Avenue, Winnipeg, MB

☎ (204) 237-9263 Ext. 149

@ info@sarielinc.com

Elizabeth Fry Society of Manitoba

Phone: (204) 589-7335

✉ 544 Selkirk Avenue, Winnipeg, MB

☎ Toll Free: 1 (800) 582-5655

☎ Fax: (204) 589-7338



Learn about it.

There are many common tactics used by abusers to gain submission from a victim.

See the **Power and Control Wheel** section for more.



North Point Douglas Womens Centre

✉ 221 Austin Street N

☎ (204) 947-0321

☎ Fax: (204) 957-8978

@ info@npdwc.org

The S.I.G.N. Foundation

✉ 596 Ellice Avenue

☎ (204) 291-9556

@ info@thesignfoundation.org

Siloam Mission

✉ 300 Princess Street

☎ (204) 956.4344

☎ 1 (866) 648.4673

@ siloammissioninformation@siloam.ca

Fort Garry Women's Resource Centre

✉ 1150-A Waverley Street contact info: 1 (204) 477-1123

New Directions

✉ 717 Portage Avenue

☎ (204) 786-7051

Bravestone Centre Inc.

✉ St. Norbert PO 202

☎ (204) 275-2600

☎ Fax: (204) 275-5416

@ info@bravestonecentre.ca

Wahbung Abinoonjiag

✉ 225 Dufferin Avenue

☎ (204) 925.4610

☎ Fax: (204) 582.9508

✉ info@wahbung.org

Agape Table Inc.

✉ 364 Furby Street

☎ (204) 783-6369

Harvest Manitoba

✉ 1085 Winnipeg Avenue

☎ (204) 982-3663

Food Matters Manitoba

✉ 422 Notre Dame Avenue

☎ (204) 943-0822

Riverwood Church Community-Garage

✉ 274 Talbot Avenue

☎ (204) 663-4673

The Salvation Army

☎ Administration: (204) 946-9400

☎ St. James or Charleswood: (204) 889-9205

☎ Weetamah location: (204) 946-9490

Leftovers Foundation

✉ Unit 2, 585 Jarvis Avenue



Age and opportunity (55+) and the United Way Winnipeg

☎ (204) 956-6440 (direct line) or call 311

Andrews Street Family Centre

✉ 220 Andrew Street

☎ (204) 589-1721

Bear Clan Den

✉ 563 Selkirk Avenue

☎ (204) 219-1052

West Broadway Community Services (1JustCity)

✉ 222 Furby Street, Winnipeg, MB

Daniel McIntyre/ St Matthews Community Association

✉ 823 Ellice Avenue, Winnipeg, MB

☎ (204) 774-7005

Elmwood Community Resource Centre (ECRC)

✉ 545 Watt Street, Winnipeg, MB

☎ (431) 275-2287

West Central Women's Resource Centre (WCWRC)

✉ 640 Ellice Avenue, Winnipeg, MB

☎ (204) 774-8975

The Welcome Home

✉ 188 Euclid Avenue, Winnipeg, MB

Union Gospel Mission

✉ 320 Princess Street, Winnipeg, MB

St. Matthews Maryland Community Ministry

✉ 365 McGee Street, Winnipeg, MB

Spence Neighbourhood Association (SNA), Magnus Eliason Recreational Centre (MERC)

✉ 430 Langside Street, Winnipeg, MB

📧 liaison@spenceneighbourhood.org

Oak Table (in Augustine United Church)

✉ 109 Pulford Street, Winnipeg, MB

NorWest Co-op Community Health

✉ Blake Gardens Resource Centre Nor'West: 312 Blake Street, Unit C, Winnipeg, MB

☎ (204) 982-3660

✉ Gilbert Park Resource Centre: 7 - 35 Gilbert Avenue, Winnipeg, MB

☎ (204) 982-4429

NorWest Co-op Community Food Centre

✉ 103-61 Tyndall Avenue, Winnipeg, MB

Holy Trinity Anglican

✉ 256 Smith Street, Winnipeg, MB

Red Road Lodge

✉ 631 Main Street, Winnipeg, MB (at Logan Avenue)

☎ (204) 294-8670

☎ Fax: (204) 306-5561

📧 contact@redroadlodge.ca



North Point Douglas Womens Centre

✉ 221 Austin Street N, Winnipeg, MB

☎ (204) 947-0321

☎ Fax: (204) 957-8978

@ info@npdwc.org

Fort Garry Women's Resource Centre

✉ 1150-A Waverley Street, Winnipeg, MB

☎ (204) 477-1123

New Directions

✉ 717 Portage Avenue, Winnipeg, MB

☎ (204) 786-7051

Bravestone Centre Inc.

✉ St. Norbert PO 202, Winnipeg, MB

☎ (204) 275-2600

☎ Fax (204) 275-5416

@ info@bravestonecentre.ca

Wahbung Abinoonjiiag

✉ 225 Dufferin Avenue, Winnipeg, MB

☎ (204) 925.4610

☎ Fax: (204) 582.9508

@ info[at]wahbung.org

A Woman's Place

✉ 785 Keewatin Street, Winnipeg, MB

☎ Text: (431)400-9600

☎ Phone: (204) 940-6624

OATS (Opiate Addiction Treatment Services) - Methadone/Suboxone Clinic

✉ 968 Main Street, Winnipeg, MB

☎ (204) 589-3999

Addictions Foundation of Manitoba

✉ 200 Osborne Street N, Winnipeg, MB

☎ (204) 944-6235

✉ 146 Magnus Avenue, Winnipeg, MB

☎ (204) 944-6209

✉ 1031 Portage Avenue, Winnipeg, MB

☎ (204) 944-6200

Native Addictions Council of Manitoba

✉ 160 Salter Street, Winnipeg, MB

☎ (204) 586-8395

Two Ten Recovery Inc.

✉ 210 Maryland Street, Winnipeg, MB

☎ (204) 219-5210

Addictions Recovery Inc.

✉ 93 Cathedral Avenue, Winnipeg, MB

☎ (204) 586-2550

SRWS Wellness Centre

✉ 225 Vaughan St 2nd Floor, Winnipeg, MB

☎ (204) 956-6650

Homewood Health Winnipeg, MB

✉ 444 St Mary Avenue #1460, Winnipeg, MB

☎ (204) 943-7717



Pritchard House

✉ 160 Salter Street, Winnipeg, MB

☎ (204) (204) 586-8395

Alternative Rehabilitation Addiction Counselling Winnipeg Manitoba

✉ 600 Setter Street, Winnipeg, MB

☎ (204) 599-5809

Tamarack Recovery Centre

✉ 60 Balmoral Street, Winnipeg, MB

☎ (204) 772-9836

Elizabeth Fry Society of Manitoba

✉ 544 Selkirk Avenue, Winnipeg, MB

☎ (204) 589-7335

☎ Toll Free: 1 (800) 582-5655

☎ Fax: (204) 589-7338

Red Road Lodge

✉ 631 Main Street, Winnipeg, MB (at Logan Avenue)

☎ (204) 294-8670

☎ Fax: (204) 306-5561

@ contact@redroadlodge.ca

Rainbow Resource Centre

✉ 170 Scott Street, Winnipeg, MB

☎ (204) 474-0212

☎ Toll-Free: 1 (855) 437-8523

☎ Fax: (204) 478-1160

Sunshine House

✉ 646 Logan Avenue, Winnipeg, MB
☎ (204) 783-8565 (Mon & Wed 6:30pm-8:30pm)

Sexuality Education Resource Centre (SERC)

✉ 200-226 Osborne Street N, Winnipeg, MB
☎ (204) 982-7800

Rainbow Pride Mosaic

✉ 180 Helen Glass Centre, Winnipeg, MB (UofM)
☎ (204) 890-4139

Sage House(Mount Carmel)

✉ 422 Dufferin Avenue, Winnipeg, MB
☎ (204) 943-6379 (Mon-Fri 1pm-5pm)

Nine Circles Community Health Centre

✉ 705 Broadway Street, Winnipeg, MB
☎ (204) 940-6000 (Mon-Fri 9:30am-5pm)
☎ Toll Free: 1 (888) 305-8647



INCOME

Siloam Mission

✉ 300 Princess Street, Winnipeg, MB

☎ (204) 956-4344

☎ 1 (866) 648-4673

@ siloammissioninformation@siloam.ca

The S.I.G.N. Foundation

✉ 596 Ellice Avenue, Winnipeg, MB

☎ (204) 291-9556

@ info@thesignfoundation.org

Fort Garry Women's Resource Centre

✉ 1150-A Waverley Street, Winnipeg, MB

☎ (204) 477-1123

Bravestone Centre Inc.

✉ St. Norbert PO 202, Winnipeg, MB

☎ (204) 275-2600

☎ Fax: (204) 275-5416

@ info@bravestonecentre.ca

New Directions

✉ 717 Portage Avenue, Winnipeg, MB

☎ (204) 786-7051

A Woman's Place

✉ 785 Keewatin Street, Winnipeg, MB

☎ Text: (431) 400-9600

☎ (204) 940-6624

EIA Centralized Services

✉ 111 Rorie Street #1, Winnipeg, MB

☎ (204) 948-4000

EIA St. Boniface

✉ 170 Goulet Street 3rd Floor, Winnipeg, MB

☎ (204) 948-4290

Manitoba Rental Assistance

✉ 114 Garry Street, Winnipeg, MB

☎ (204)948-7368

Community Unemployed Help Centre

✉ 501-275 Broadway Street, Winnipeg, MB

☎ (204) 942-6556

☎ Toll Free: 1 (866) 942-6556

☎ (204) 947-9557

@ cuhc@cuhc.MBca

Manitoba Parental Benefit

☎ (204) 945-1301 (Winnipeg)

☎ Toll Free: 1 (877) 587-6224 (outside Winnipeg)

Canada Child Benefit

☎ 1 (800) 387-1193

INTERLAKE

INTERLAKE





HOUSING/SHELTERS

Nova House - Family Violence Shelter

- 📞 Admin: (204) 482 7882
- 📞 Local Crisis Line: (204) 482 1200
- 📞 Text: (204) 805 6682
- @ info@novahouse.ca
- 🌐 www.novahouse.ca

Tyro Housing Selkirk Friendship Centre

- ✉️ 207 Morris Avenue, Selkirk, MB
- 📞 (204) 482-6419

Ashern Support Centre

- ✉️ Ashern, MB
- 📞 (204) 768-2915

L Merritt Support Centre

- ✉️ Lundar, MB
- 📞 (204) 762-5769

Arborg Support Centre

- ✉️ Arborg, MB
- 📞 (204) 376-5066

Lakeshore Women's Resource Centre

- ✉️ Ashern, MB
- 📞 (204) 768-3016

Interlake Women's Resource Centre

- 📞 (204) 642-8264
- ✉️ Gimli, MB

Interlake-Eastern Health Foundation

- ✉️ 120 Easton Dr, Selkirk, MB
- 📞 (204) 785-7044



JOB READINESS

A.I.M. for Work

✉ 367 Eveline Street, Selkirk, MB

☎ (204) 482-2130

@ aimforwork@mymts.net

🌐 www.aimforwork.com

Selkirk Employment Services

✉ 339A Main Street, Selkirk, MB

☎ (204) 482 8290

@ jobs@selkirkes.ca

🌐 www.selkirkes.ca

Selkirk Friendship Centre

✉ 207 Morris Avenue, Selkirk MB

☎ (204) 482-6419



Selkirk Food Bank

✉ 310 Christie Avenue Selkirk, MB

☎ (204) 482-9178

Selkirk Friendship Centre

✉ 207 Morris Avenue, Selkirk MB

☎ (204) 482-6419

Beausejour and Area Food Bank

✉ Beausejour, MB

☎ (204) 268-3600

Interlake Food Bank

✉ Stonewall, MB

☎ (204)-467-9118

Lac du Bonnet and Area Food Bank

✉ Lac du Bonnet, MB

☎ (204) 345-9807

Our Daily Bread Soup Kitchen

✉ Memorial Hall, 368 Jemima Street, Selkirk, MB

☎ (204) 785-3359

Black River First Nation

☎ (204) 367-8089

Blue Danube Food Bank Inc.

✉ River Hills, MB

☎ (204) 348-7040

Brokenhead First Nation

☎ (204) 766-2850



Addiction foundation of Manitoba

✉ 203-250 Manitoba Avenue, Selkirk, MB

☎ (204) 785- 2354

🌐 www.afm.ca

Al-Anon Family Groups

✉ 227 Mclean Avenue, Selkirk, MB

☎ (204) 485-4610

Selkirk & Interlake Mental Health Centre

✉ Selkirk, MB

☎ (204) 482-3536

Crisis Stabilization Unit

✉ Selkirk, MB

☎ (204) 482-5361

Mobile Crisis Unit

✉ Selkirk, MB

☎ (204) 482-6035

Lakeshore Women's Resource Centre

✉ Ashern, MB

☎ (204) 768-3016

Interlake Women's Resource Centre

✉ Gimli, MB

☎ (204) 642-8264

Interlake-Eastern Regional Health Authority

☎ 1 (866) 427-8628 Emergency: (204)482-5419

First Nation Healing Centre

✉ Fisher River, MB

☎ (204) 654-2750

☎ Emerg: (204) 330-4788

Circling Buffalo

✉ Fairford, MB

☎ (204) 623-3423

Selkirk Friendship Centre

✉ 207 Morris Avenue, Selkirk MB

☎ (204) 482-6419

Interlake-Eastern Health Foundation

✉ 120 Easton Drive, Selkirk, MB

☎ (204) 785-7044

Anxiety Disorder Association of Manitoba

☎ (204) 389-5030

@ interlake@adam.MBca

🌐 www.adam.MBca

Growing year family resource centre

✉ 216 Manitoba Avenue, Selkirk, MB

☎ (204) 785 8218



INCOME

Manitoba Rental Assistance

✉ 114 Garry Street, Winnipeg, MB

☎ (204) 948-7368

Manitoba Parental Benefit

Toll Free: 1 (877) 587-6224 (outside Winnipeg)

☎ (204) 945-1301 (Winnipeg)

Canada Child Benefit

☎ 1 (800) 387-1193

EIA Centralized Services

✉ 111 Rorie Street #1, Winnipeg, MB

☎ (204) 948-4000

Community Unemployed Help Centre

✉ 501-275 Broadway Street, Winnipeg, MB

☎ (204) 942-6556

☎ Toll Free: 1 (866) 942-6556

☎ Fax: (204) 947-9557

@ cuhc@cuhc.MBca

SOUTHEAST

SOUTHEAST





HOUSING/SHELTERS

Eastman Crisis Centre

☎ (204) 326-6062

☎ Emerg: (204) 346-0028

@ admin@agapehouse.ca Steinbach, MB

Today House Emergency Overnight Shelter

✉ Steinbach, MB

☎ (204) 371-6989

@ todayhouseinc@gmail.com

Survivors Hope Crisis Centre

✉ Pinawa, MB

☎ (204) 753-5353

Agape House

✉ Steinbach, MB

☎ Crisis: 1 (877) 977-0007

☎ Admin: (204) 326-6062



JOB READINESS

Eastman Employment Services

✉ 395 Main Street, Steinbach, MB

☎ (204) 326-4099

Opening Doors to Success Inc.

✉ 32 Main Street, Steinbach, MB

☎ (204) 346-9840

Manitoba Employment Centre

✉ 321 Main Street, Steinbach, MB

☎ (204) 346-6057

Service Canada Centre


✉ 2 Provincial Trunk Hwy 12 Unit 1, Steinbach, MB

☎ 1 (800) 622-6232




FOOD


Southeast Helping Hands Food Bank

 (204) 326-2599 Steinbach, MB


Ile Des Chenes Food Bank

 (204) 878-3359 Ile Des Chenes, MB


Grunthal Caring Hands Food Bank

 (204) 371-1394 Grunthal, MB


Niverville Food Bank

 (204) 392-5699 Niverville, MB


Ste. Anne Food Bank

 (204) 422-5623 Ste. Anne, MB

Soup's On, Soup Kitchen

 (204) 371-7535 Steinbach, MB

Lorette Food Bank

 (204) 878-3552 Lorette, MB



Eastman Crisis Centre

☎ (204) 326-6062 Emerg: (204)346-0028

@ admin@agapehouse.ca Steinbach, MB

Walk-in Counselling-Southern Health

✉ 450 Main Street Steinbach, MB

Eden Health Care Services

✉ Steinbach, MB

☎ 1 (866) 493-6202

Steinbach Family Resource Centre

✉ Steinbach, MB

☎ (204) 346-0413

@ family@steinbachfrc.ca

Steinbach Community Outreach

✉ Steinbach, MB

☎ (204) 392-2650

Steinbach Crisis Stabilization Unit

✉ Steinbach, MB

☎ (204) 320-1096

Survivors Hope Crisis Centre

✉ Pinawa, MB

☎ (204)753-5353

Agape House

✉ Steinbach, MB

☎ Crisis: 1 (877) 977-0007

☎ Admin: (204) 326-6062



INCOME

Canada Child Benefit

☎ 1 (800) 387-1193

Manitoba Parental Benefit

☎ Toll Free: 1 (877) 587-6224 (outside Winnipeg)

☎ (204) 945-1301 (Winnipeg)

Manitoba Rental Assistance

✉ 114 Garry Street, Winnipeg, MB

☎ (204) 948-7368

EIA Centralized Services

✉ 111 Rorie Street #1, Winnipeg, MB

☎ (204) 948-4000

Service Canada Centre

✉ 2 Provincial Trunk Hwy. 12 Unit 1, Steinbach, MB

☎ 1 (800) 622-6232

SOUTHWEST

SOUTHWEST





HOUSING/SHELTERS

Y.W.C.A. Westman Women's Shelter

✉ Brandon, MB

☎ (204)727-3644

@execdirbdn@wcgwAvenueuca

The Bunker Youth Ministry

✉ 545 Industrial Drive, Winkler, MB

☎ (204) 325-9723

Genesis House

✉ Winkler, MB

☎ (204) 325-9957 ☎ Emerg: (204) 325-9800

@sccfv@genesis-house.ca

Eden Health Care Centre/Services

✉ Winkler/Portage/Altona, MB

☎ (204) 325-4325 ☎ 1 (866) 493-6202

Riverside Community Residence

✉ Gladstone, MB

☎ (204) 385-2247

Mary's House

✉ Brandon, MB

☎ (204) 727-1268

Canadian Mental Health Association

✉ 1233 Rosser Avenue, Brandon, MB

☎ (204) 726- 8865

Nisichawayasihk Cree Nation (NCN) Family and Community Wellness Centre

✉ 720 Douglas Street, Brandon, MB R7A 7B2

☎ (204) 726-3690

Manitoba Housing

✉ 253 9th Street, Brandon, MB

☎ (204) 726-6455 (Brandon, MB) ☎ Toll Free 1 (800) 651-8217

Brandon Friendship Housing Authority

✉ 836 Lorne Avenue, Brandon, MB

☎ (204) 727-1407

Dakota Ojibway Tribal Council Housing Authority Incorporated

✉ 2-345 10th Street, Brandon, MB

☎ (204) 729-3600

YWCA Meredith Place

✉ 148 11th Street, Brandon, MB

☎ (204) 571-3680

Winkler Family Resource Centre

✉ 750 15th Street, Winkler, MB

Emmanuel Mennonite Church

☎ (204) 332-9418

The Salvation Army Brandon Corps

✉ 9 Princess Avenue E, Brandon, MB

☎ (204) 727-6271

Manitoba Hydro & The Salvation Army - Neighbours Helping Neighbours

✉ The Salvation Army Portage la Prairie Corp,
220 Duke Avenue, Portage la Prairie, MB

@ Brenda_Coles@can.salvationarmy.org

☎ Portage Program Director: (204) 239-7213



JOB READINESS

Samaritan House Training Centre

✉ 1610 Pacific Avenue, Brandon MB

☎ (204) 727-1268

☎ Fax: (204) 728-5679

@ lit@samaritanhouse.net

Samaritan House Employment Resource Centre

✉ 136 11th Street, Brandon MB

☎ (204) 717-3503

☎ Fax: (204) 717-3507

@ erc@samaritanhouse.net

The Salvation Army Brandon Corps

✉ 9 Princess Avenue E, Brandon, MB (204) 727-6271

Carman Family Resource Centre

✉ 40 2nd Street NE, Carman, MB (204) 745-5571

Community Futures Heartland

✉ 11 - 2nd Street NE, Portage la Prairie, MB

☎ (204) 239-0135

☎ Toll Free: 1 (877) 472-7122



Learn about it.

There are many common tactics used by abusers to gain submission from a victim.

See the **Power and Control Wheel** section for more.



Winkler and District Food Cupboard

✉ 555 Main Street, Winkler, MB

☎ (204) 325-0257

Winkler Family Resource Centre

✉ 750 15th Street, Winkler, MB

Emmanuel Mennonite Church

☎ (204) 332-9418

Samaritan House Resource Centre & Food Bank

✉ 820 Pacific Avenue, Brandon MB

☎ (204) 726-0758

@ info@samaritanhouse.net

Helping Hands

✉ 111 7 Street, Brandon, MB (204) 727-4635

The Salvation Army Brandon Corps

✉ 9 Princess Avenue E, Brandon, MB (204) 727-6271

Carman Family Resource Centre

✉ 40 2nd Street NE, Carman, MB (204) 745-5571

Canadian Mental Health Association - Breakfast Program

✉ 236 Saskatchewan Avenue E, Portage la Prairie, MB R1N 0K9

☎ (204) 239-6590

☎ Fax: (204) 857-2869

Cost: \$1.00 Friday mornings



FOOD

First Presbyterian Church - Soup Kitchen

✉ 17 Royal Road S, Portage la Prairie, MB

☎ (204) 857-4351

The Salvation Army Portage la Prairie Corps Community Food Bank

✉ 220 Duke Avenue, Portage la Prairie, MB

👤 Major Brenda Hammond, Portage la Prairie Community Corps

☎ (204) 239-7213

☎ Fax: (204) 857-4672

Free Little Pantry

✉ 35 5th Street SE, Portage la Prairie, MB

(beside Red River College parking lot)

Community Cooler

✉ 220 Duke Avenue, Portage la Prairie, MB R1N 0S6

(inside the Salvation Army)

in an emergency





HEALTH NEEDS

Brandon Rural Support Line

✉ Brandon, MB

☎ (204) 571-4183

Genesis House

✉ Winkler, MB

☎ (204)325-9957

☎ Emerg: (204)325-9800

@ sccfv@genesis-house.ca

Portage Family Abuse Centre (MAWS)

✉ Portage La Prairie, MB

☎ (204)239-5234

☎ Emerg: (204)239-5233

@ director@abuseprevention.ca

Pembina Counselling Centre

✉ Morden, MB

☎ (204) 822-6622

Pathways Community Health Program

✉ 351 Main Street, Winkler, MB

Eden Health Care Centre/Services

☎ (204) 325-4325

☎ 1 (866) 493-6202 Winkler/Portage/Altona

Nisichawayasihk Cree Nation (NCN) Family and Community Wellness Centre

✉ 720 Douglas Street, Brandon, MB R7A 7B2

☎ (204) 726-3690

John Howard Society of Brandon

✉ 153 8th Street, Brandon, MB

☎ (204) 727-1696

INFINITY WOMEN SECRETARIAT



Sexuality Education Resource Centre

✉ Unit C - 1700 Pacific Avenue, Brandon, MB

☎ (204) 727-0417

Canadian Mental Health Association

✉ 1233 Rosser Avenue, Brandon, MB

☎ (204) 726- 8865

Westman Crisis Services, Prairie Mountain Health

✉ 404 13th Street, Brandon, MB

☎ Mobile Crisis Unit: (204) 725-4411

☎ Toll Free: 1-888-379-7699

Adult Community Mental Health Services, Prairie Mountain Health

✉ B13-800 Rosser Avenue, Brandon, MB

☎ (204) 578- 2400

☎ Toll Free: 1-855-222-6011

Child & Adolescent Treatment Centre

✉ 1240 10th Street, Brandon, MB

☎ (204) 578-2700

☎ Toll Free: 1 (866) 403-5459

Carman Family Resource Centre

✉ 40 2nd Street NE, Carman, MB

☎ (204) 745-5571

Addictions Foundation of Manitoba Compass Youth Live-in Program

✉ 175 Nomad Street, Southport, MB

☎ (204) 428-6600

☎ Fax: (204) 428-6611

Community Futures Heartland

✉ 11 - 2nd Street NE, Portage la Prairie, MB

☎ (204) 239-0135 ☎ Toll Free: 1 (877) 472-7122

Prairie Pregnancy Support Centre

✉ 60-B Tupper Street N., Box 382, Portage la Prairie, MB

☎ (204) 240-4357

Karen Devine Safe House

✉ 159 5th Street South East, Portage la Prairie, MB R1N 1H4

☎ (204) 239-5307 ☎ Toll Free: Mental Health Intake: 1-888-310-4593

☎ After Hours (24 Hour Crisis Line): 1 (866) 588-1697

☎ Fax: (204) 239-0551

Portage Family Abuse Prevention Centre

✉ PO Box 1541, Portage la Prairie, MB

☎ Local Crisis Line: (204) 239-5233 ☎ Admin Line: (204) 239-5234

☎ Toll Free: 1 (877) 977-0007

☎ Fax: (204) 239-6710

Peaceful Futures Program (for men)

✉ Brandon, MB

☎ (204) 571-3680

Building Bridges (for men)

✉ Brandon, MB

☎ (204) 726-8706

Canadian Mental Health Association

✉ 1233 Rosser Avenue, Brandon, MB

☎ (204) 726- 8865

☎ Brandon Rural Support Line (204) 571-4183



INCOME

Canada Child Benefit

☎ 1 (800) 387-1193

Manitoba Parental Benefit

☎ Toll Free: 1 (877) 587-6224 (outside Winnipeg)

☎ (204) 945-1301 (Winnipeg)

Manitoba Rental Assistance

✉ 114 Garry Street, Winnipeg, MB

☎ (204)948-7368

EIA Centralized Services

✉ 111 Rorie Street #1

☎ (204) 948-4000

Employment and Income Assistance

✉ 340 9th Street, Brandon, MB

☎ (204) 726-6336

☎ Toll Free: 1 (866) 559-6778

Samaritan House Employment Resource Centre

✉ 136 11th Street, Brandon MB

☎ (204) 717-3503

☎ Fax: (204) 717-3507

@ erc@samaritanhouse.net

Child & Family Services of Central

Manitoba - 'Chance 2' Programs

✉ 25 - 3rd Street SE, Portage la Prairie, MB

☎ (204) 857-8751

☎ Fax: (204) 239-1413

Employment and Income Assistance

✉ 106-25 Tupper Street N, Portage la Prairie, MB

☎ (204) 239-3092 ☎ Toll Free: 1 (866) 513-2185

☎ After-hours (emergency calls only): 1 (866) 559-6778

Manitoba Hydro & The Salvation Army - Neighbours Helping Neighbours

✉ The Salvation Army Portage la Prairie Corp,
220 Duke Avenue, Portage la Prairie, MB

☎ Portage Program Director: (204) 239-7213

@ Brenda_Coles@can.salvationarmy.org

the
violence
at home *signal for*
help





OTHER SUPPORTS

Brandon Police Service

✉ 1020 Victoria Avenue Brandon, MB R7A 1A9

☎ Emergencies: 911

☎ All other calls: (204) 729-2345

Brandon Police Victim Services

☎ (204) 729-2335

Provides support to victims prior to charges being laid, information on police procedures and file updates and referrals to programs, agencies or support groups.

Dakota Ojibway Police Service

☎ Sioux Valley Detachment: (204) 855-4400

☎ Canupawakpa Detachment: (204) 854-2953

R.C.M.P. Brandon

☎ (204) 726-7500

Manitoba Farm and Rural Support Services

✉ Unit 1-217 10th Street, Brandon, MB

☎ Toll Free: 1 (866) 367-3276

Klinik Crisis Line

☎ Toll Free: 1-888-322-3019

Manitoba Suicide Line

☎ Toll Free: 1 (877) 435-7170

Sexual Assault Crisis Line

☎ Toll Free: 1-888-292-7565

THE PAS





HOUSING/SHELTERS

The Pas Homeless Shelter

✉ 344 Ross Avenue The Pas, MB

☎ (204) 627-8834

Pas Committee For Women in Crisis (Aurora House)

☎ (204) 623-7427

☎ Crisis Line: (204) 623-5497

@ auroratp@mts.net

Snow Lake Centre on Family Violence

☎ (204) 358-7141

@ snowlakefrc@gmail.com

Women's Safe Haven/Resource Service Inc.

✉ 60 Hapnot Street, Flin Flon, MB

☎ (204) 734-9368 (Swan Valley, MB)

☎ Swan Valley Crisis Centre: (204) 734-9369



JOB READINESS

The Pas Friendship Centre Inc.

✉ 81 Edwards Avenue The Pas, MB

☎ (204) 627-7500

@ reception@thepasfc.ca

The Pas Family Resource Centre

✉ 203 Edwards Avenue, The Pas, MB

☎ (204) 623-4841



FOOD

The Pas Homeless Shelter

✉ 344 Ross Avenue
☎ (204) 627-8834

The Pas Friendship Centre Inc.

✉ 81 Edwards Avenue The Pas, MB
☎ (204) 627-7500
@ reception@thepasfc.ca



HEALTH NEEDS

The Pas Friendship Centre Inc.

✉ 81 Edwards Avenue The Pas, MB
☎ (204) 627-7500
@ reception@thepasfc.ca

Pas Committee For Women in Crisis (Aurora House)

✉ The Pas, MB
☎ (204) 623-7427
☎ Crisis Line: (204) 623-5497
@ auroratp@mts.net

Snow Lake Centre on Family Violence

☎ (204) 358-7141
@ snowlakefrc@gmail.com

The Pas Family Resource Centre

✉ 203 Edwards Avenue The Pas
☎ (204) 623-4841



INCOME

Manitoba Income Assistance

✉ 79 3 St W The Pas, MB

☎ (204) 627-8311

The Pas Family Resource Centre

✉ 203 Edwards Avenue The Pas, MB

☎ (204)623-4841

Canada Child Benefit

☎ 1 (800) 387-1193

Manitoba Parental Benefit

☎ Toll Free: 1 (877) 587-6224 (outside Winnipeg)

☎ (204) 945-1301 (Winnipeg)

**Silence is
violence.**

Talk about it.

NORTHWEST

NORTHWEST





HOUSING/SHELTERS

Swan Valley Crisis Centre

✉ Swan Valley, MB

☎ (204) 734-9368

Parkland Crisis Centre Inc.

✉ PO Box 651, Dauphin, Manitoba

☎ Crisis Line: 1 (877) 977-0007 ☎ Local: (204) 638-9484

☎ Fax: (204) 622-4625

Elbert Chartrand Friendship Centre

✉ 1413 Main St E, Swan River, MB

☎ (204) 734-9301



JOB READINESS

Parkland Job Opportunity Centre

✉ 215 Main Street S, Dauphin, MB

☎ (204) 622-5627

Service Canada Centre

✉ 181 1 Avenue NE, Dauphin, MB

☎ 1 (800) 622-6232

Canada Unemployment Insurance

✉ 135 2 Avenue NE, Dauphin, MB

☎ (204) 622-4037

Swan Valley Employment & Training Project

✉ 702 Main Street E, Swan River, MB

☎ (204) 734-7887



FOOD

Dauphin & District Community Food Bank Society Inc

✉ 220 Whitmore Avenue W, Dauphin, MB

☎ (204) 638-7853

Swan Valley Food Bank Inc.

✉ 224 3rd Avenue N, Swan River MB

Elbert Chartrand Friendship Centre

✉ 1413 Main Street E, Swan River, MB

☎ (204) 734-9301

in an emergency





HEALTH NEEDS

Swan Valley Crisis Centre

✉ Swan Valley, MB

☎ (204) 734-9368

Parkland Crisis Centre Inc.

✉ PO Box 651, Dauphin, Manitoba

☎ Crisis Line: 1 (877) 977-0007

☎ Local: (204) 638-9484

☎ Fax: (204) 622-4625

West Regional Tribal Council Health Department

✉ Dauphin, MB

☎ (204) 622-9400

Keeseekoowenin Health & Wellness Centre

✉ Elphinstone, MB

☎ (204) 625-2043

@ treaty2@mts.net

MB Domestic Violence Support Services

✉ Dauphin, MB

☎ (204) 622-5080

Camperville Primary Health Care Centre

✉ Camperville, MB

☎ (204) 524-2169

Duck Bay Community Health Services

✉ Duck Bay, MB

☎ (204) 524-2176



INCOME

Canada Child Benefit

☎ 1 (800) 387-1193

Manitoba Parental Benefit

☎ Toll Free: 1 (877) 587-6224 (outside Winnipeg)

☎ (204) 945-1301 (Winnipeg)

Manitoba Rental Assistance

✉ 114 Garry Street, Winnipeg, MB

☎ (204)948-7368

EIA Centralized Services

✉ 111 Rorie Street #1, Winnipeg, MB

☎ (204) 948-4000

Service Canada Centre

✉ 181 1 Avenue NE, Dauphin, MB

☎ 1 (800) 622-6232

Canada Unemployment Insurance

✉ 135 2 Avenue NE, Dauphin, MB

☎ (204) 622-4037

Service Canada Centre

✉ 355 Kelsey Trail #1, Swan River, MB

☎ 1 (800) 622-6232

THOMPSON

THOMPSON





Thompson Homeless Shelter

✉ 504 Princeton Drive

☎ (204) 677-0976

Canadian Mental Health Association Thompson

✉ 43 Fox Bay

☎ (204) 677-6050

Fax: (204) 677-5534

E-mail: regional@cmhathompson.ca

Thompson Crisis Centre

✉ 100 Goldeye Crescent

☎ Toll Free: 1 (800) 442-0613

(204) 778-7273

YWCA Thompson

✉ 39 Nickel Road

☎ (204)778-6341

The Salvation Army

✉ 436 Thompson Drive

☎ (204)677-3658

Family Services and Housing

☎ (204)677-6713

☎ Toll Free: 1 (866) 677-6713

Wechinin Waskigan Crisis Centre

✉ Shamattawa, MB

☎ (204) 565-2551

☎ Emerg: (204) 565-2548

Nisichawayasihk Cree Nation (NCN) Women's Shelter

✉ Nelson House, MB

☎ (204) 679-1996

☎ (204) 484-2635

Mamawehetowin Crisis Centre

✉ Pukatawagan, MB

☎ (204) 553-2302

☎ 1 (866) 432-1041

Nelson House Medicine Lodge

✉ Nelson House, MB

☎ (204) 484-2256

Jean Folster Place - Norway House Cree Nation Shelter

✉ Norway House, MB

☎ 24/7 crisis line - 1 (877) 885-5889

Victim Services

✉ Thompson, MB

☎ (204) 677-6368

Ma-Mow-We-Tak Friendship Centre

✉ 4 Nelson Road, Thompson, MB

☎ (204) 677-0950



Learn about it.

There are many common tactics used by abusers to gain submission from a victim.

See the **Power and Control Wheel** section for more.



JOB READINESS

Canadian Mental Health Association Thompson

✉ 43 Fox Bay, Thompson, MB

☎ (204) 677-6050

☎ Fax: (204) 677-5534

@ regional@cmhathompson.ca

YWCA Thompson

✉ 39 Nickel Road, Thompson, MB

☎ (204)778-6341

Thompson Centre

✉ North Centre Mall, 118-3 Station Road, Thompson, MB

☎ Employment and Training Inquiries: (204) 677-6544

Thompson Supported Employment Program

✉ 83 Churchill Drive, Thompson, MB

☎ (204)677-8322

Manitoba Human Resource Services

✉ 59 Elizabeth Drive, Thompson, MB

☎ (204) 677-6701

Ma-Mow-We-Tak Friendship Centre

✉ 4 Nelson Road, Thompson, MB

☎ (204) 677-0950



FOOD

Canadian Mental Health Association Thompson

✉ 43 Fox Bay, Thompson, MB

☎ (204) 677-6050

☎ Fax: (204) 677-5534

@ regional@cmhathompson.ca

YWCA Thompson

✉ 39 Nickel Road, Thompson, MB

☎ (204) 778-6341

The Salvation Army

✉ 436 Thompson Drive, Thompson, MB

☎ (204) 677-3658

Manitoba Keewatinowi Okimakanak (MKO) Food Bank

✉ 31 Nelson Road, Thompson, MB

☎ (204) 677-1637

Wechinin Waskigan Crisis Centre

✉ Shamattawa, MB

☎ (204) 565-2551

☎ Emerg: (204)565-2548

Hungry Bears

✉ 103 Radisson Avenue, Churchill, MB

☎ info@hungrybears.ca



Canadian Mental Health Association Thompson

✉ 43 Fox Bay, Thompson, MB

☎ (204) 677-6050

☎ Fax: (204) 677-5534

@ regional@cmhathompson.ca

Thompson Crisis Centre

✉ 100 Goldeye Crescent

☎ Toll Free: 1 (800) 442-0613

☎ (204) 778-7273

YWCA Thompson

✉ 39 Nickel Road, Thompson, MB

☎ (204) 778-6341

Ma-Mow-We-Tak Friendship Centre

✉ 4 Nelson Road

☎ (204) 677-0950

Churchill Health Centre

✉ 162 La Vérendrye Avenue, Churchill, MB

☎ (204)675-8881

Wechinin Waskigan Crisis Centre

✉ Shamattawa, MB

☎ (204) 565-2551

☎ Emerg: (204) 565-2548

Nisichawayasihk Cree Nation (NCN) Women's Shelter

☎ (204) 679-1996

☎ (204) 484-2635 (Nelson House, MB)

Mamawehetowin Crisis Centre

✉ Pukatawagan, MB

☎ (204) 553-2302

☎ 1 (866) 432-1041

Nelson House Medicine Lodge

✉ Nelson House, MB

☎ (204) 484-2256

Jean Folster Place - Norway House Cree Nation Shelter

✉ Norway House, MB

☎ 24/7 crisis line - 1 (877) 885-5889

M.A.P.S. (Men Are Part of the Solution)

✉ 117B Commercial Place Thompson, MB

☎ (204) 778-6040

@ maps@mymts.net

Victim Services

✉ Thompson, MB

☎ (204) 677-6368





INCOME

Manitoba Human Resource Services

✉ 59 Elizabeth Drive Thompson, MB

☎ (204) 677-6701

Family Services and Housing

✉ Thompson, MB

☎ (204) 677-6713

☎ Toll free: 1 (866) 677-6713

Service Canada Centre

✉ 40B Moak Crescent

☎ 1 (800) 622-6232

Canada Child Benefit

☎ 1 (800) 387-1193

Manitoba Parental Benefit

☎ Toll Free: 1 (877) 587-6224 (outside Winnipeg)

☎ (204) 945-1301 (Winnipeg)

Manitoba Rental Assistance

✉ 114 Garry Street, Winnipeg, MB

☎ (204) 948-7368

IWS & MMF RESOURCES





IWS has never stopped working to address Gender-Based Violence (GBV) against Métis women, girls, and 2SLGBTQIA+ individuals. As part of the “Human Trafficking and Family Violence Prevention Program,” IWS, in partnership with the MMF, the Ma-Mow-We-Tak Friendship Centre (Thompson), and the Joy Smith Foundation, have created preventive, supportive, and accessible resources to be distributed in our Métis communities.

IWS is working towards “Shockproofing Communities,” through this project funded by the Canadian Women’s Foundation. With the ‘Against GBV Consultations,’ Métis women’s voices are being heard, to bring awareness to and combat GBV, building stronger and safer Métis communities across the Red River Métis Homeland.

Increasing IWS Capacity to Address Gender-Based Violence (GBV)

Funded by WAGE, the objective is to increase the capacity of the IWS to address Gender-Based Violence (GBV) issues more effectively in the Red River Métis community. By developing GBA+ research and analysis, IWS will better develop its program and services to prevent and address GBV for our members, tackling systemic barriers through an improved GBA+ capacity. This project also increases the capacity of IWS to develop more inclusive policy options and provide recommendations to all policy stakeholders, making a differential impact for Red River Métis women, girls, and 2SLGBTQIA+ individuals.

GBV/Shockproofing Communities

Through this project funded by the Canadian Women's Foundation, IWS advocates and facilitates effective means of addressing multiple issues related to violence and provides opportunities for Red River Métis women, 2SLGBTQQA+ individuals, and their families to help develop traditional healing practices, policies, and programs.

With the recent success of our GBV workshops in November, preliminary survey results indicate that IWS members would like more information, workshops, and supports surrounding GBV. IWS will continue to address GBV as the crisis continues, bringing awareness to the ongoing issues and providing safe, inclusive spaces where Métis women, girls, and 2SLGBTQQA+ individuals can share their stories, building stronger and safer communities across the Red River Métis Homeland.

Against Relationship & Family Violence- Moving Towards a Healthier Metis Community

The aim of this project is to promote awareness of relationship and family violence for IWS members, reduce the risk of vulnerability to violence, increasing wrap-around services and resource supports for victims of family and relationship violence, and provide forums for discussions in the Red River Métis community.

IWS will increase prevention capacity, empower IWS members and their families, and build stronger, healthier communities. This project will reduce the incidences of relationship and family violence for Red River Métis girls, women and 2SLGBTQQA+ individuals, thereby creating new violence-free generations and helping to break the "norm" of previous generations.

IWS is also bringing awareness and understanding of sexual exploitation and human trafficking to Red River Métis women, girls, and 2SLGBTQIA+ individuals. With a particular focus on IWS youth, bringing knowledge of these issues in a creative way that engages them will help IWS youth recognize predatory tactics and give them alternative resources rather than getting involved in negative lifestyle choices. Furthermore, as part of the “Human Trafficking and Family Violence Prevention Program,” IWS, in partnership with the MMF, the Ma-Mow-We-Tak Friendship Centre (Thompson), and the Joy Smith Foundation, created preventive, supportive, and accessible resources to be distributed in our Red River Métis communities.

Pey Key Way Ta Hin – Bring Me Home

IWS was a part of the development of the National Action Plan in response to the National Inquiry on Missing and Murdered Indigenous Women and Girls (MMIWG) and continues to be a part of the national MMIWG2S+ Advisory Committee.

IWS is a strong advocate for ‘Every Child Matters.’ Our children are the future of the Red River Métis, and this philosophy is behind the development of IWS’s new program in collaboration with the MMF - “Pey Key Way Ta Hin/Bring Me Home.” A Family Support Worker hired to work within Métis communities with MMIWG2S+ survivors, and family members will give them a voice. Along with advertisements to ‘bring the lost home,’ the MMF will assist with rewards for any information. Our goal is to bring our lost ones home, returning them to their families

Métis Culture and Identity Revitalization

IWS is engaging Métis girls and women through a variety of fun Métis-specific cultural revitalization workshop series and social media outreach. These workshops will educate youth about their own Métis culture, heritage, and traditions, promoting Métis identity through sharing and teaching.

IWS recognizes and acknowledges Métis women's requests and the need for increased understanding of Red River Métis culture, traditions, and their identity as Métis. The activities IWS provides help build Métis girls and young women's confidence, leadership skills, and increases youth involvement in our Homeland.

Employment Strategy for Red River Métis Women, Girls, and 2SLGBTQIA+ Youth

IWS is equipping Métis women with the tools they need to find meaningful employment. IWS is the central access point for Métis women, girls, and 2SLGBTQIA+ youth in school to apply for jobs, connect with employers across Manitoba, and for employers to apply for Métis students.

IWS and MET work together to pair bright young Métis women with promising positions every summer with the IWS 'Summer Student Employment Program.' Fully funded by MET, Métis students gain employment, training, and mentoring by employers in their Region. Employers gain a fully-funded student.

The Internship Program for post-secondary students to work within IWS, the MMF and its Affiliates during the school year is creating sustainable future staff.

Métis Early Learning & Child Care

We are committed to the well-being of children and their families. Therefore, IWS, in partnership with the MMF - Early Learning and Child Care (ELCC) Department, is creating a Métis ELCC Strategy that will improve ELCC for Métis women, their children and their families.

The “Manitoba Métis Women-Centred ELCC Quality Improvement Project” will outline a Métis Women-centered governance model that supports Métis-led ELCC decision making and defines a high-quality and inclusive Métis childcare model. It will build and improve partnerships with MMF communities across Manitoba to develop culturally appropriate home-based child care initiatives and provide leadership and management training to Métis women working in the Métis ELCC field.

IWS will support the provision of quality, licensed, play-based, Métis-specific ELCC programs for children (12 weeks to 12 years of age) through Licensed Child Care Centres. IWS is creating, renovating, and building “Little Infinity Child Care Centres” across Manitoba.



✉ Manitoba Métis Federation (MMF) Home Office:
11-150 Henry Avenue
Winnipeg, MB R3B 0J7

☎ (204) 586-8474 ext. 2775

@ IWS@mmf.MBca

🌐 infinitywomen.org

📘 facebook.com/Infinitywomensecretariat



Métis Employment & Training Department (MET)

The MMF's Métis Employment & Training Department (MET) operates through funds provided by the Indigenous Skills and Employment Training (ISET) Agreement with Canada. The Indigenous Skills and Employment Training Program (which replaces the Aboriginal Skills Employment and Training Strategy) links employment and training programming to current and future labour market demands and ensures that Canada's Indigenous people can fully participate in employment and economic opportunities. The MMF ISET Agreement with Canada was signed on May 15, 2019, at MMF Home Office in Winnipeg. This 10-year agreement, beginning April 1, 2019, provides enhanced funding and increased flexibility to create and deliver Métis-specific employment and training programs and services.

Mental Health Support Line

The MMF is prioritizing the mental health of its citizens. The need for Métis specific mental health supports is evident now more than ever in the wake of the COVID-19 pandemic. One current mental health support is a telephone line that provides citizens access to Metis counsellors and resources. Watch for updates on upcoming plans to expand our mental health supports.

 Mental Health Telephone Service: 1 (833) 390-1041 Ext. 1
(7 am to 11 pm daily)

Prescription Drug Program

The Prescription Drug Program, launched in 2017, will pay eligible Citizens' MMF calculated deductible throughout the year for Pharmacare-eligible prescription drugs.

Métis citizens aged 55 and older with an annual income of \$25,000 or less, who use MEDOCare Pharmacy for prescription dispensing and delivery are eligible for the Prescription Drug Program.

AFFORDABLE HOUSING

The MMF is committed to building and maintaining affordable housing units for Metis Citizens. To date, a total of 39 units have been built and 18 more are currently being built for a total of 57 units. Over the past year the MMF has completed the Frank Bruce Métis Seniors Complex in St. Laurent, and construction has commenced on future affordable housing builds that consist of triplexes, duplexes, and more seniors housing in Historic St. Boniface in Winnipeg, Portage La Prairie, and Selkirk. The Housing Department is currently planning for future builds in communities across Manitoba to meet the housing needs of Métis families and Citizens.

We are currently accepting applications for housing units, please review the documents below for more information.

Housing Department

Manitoba Metis Federation Inc.,

✉ 150 Henry Avenue Winnipeg, MB R3B 0J7

☎ (204) 586-8474 Ext. 230

☎ Toll Free: 1-800-665-8474

Home Enhancement Loan Program (HELP)

The Manitoba Metis Federation (MMF) will provide a one-time forgivable loan of up to \$18,000 in Southern MB and \$25,000 north of the 53rd parallel (including taxes) to provide for emergency home repairs and renovations to improve, adapt, and maintain existing housing stock. The amount was recently increased from \$15,000 to \$18,000 to respond to an increase in construction costs.

In this program, safety and well-being is a priority, and preference will be given to Metis Citizens who demonstrate emergency or health and safety-related housing needs.

As HELP is designed for low to moderate income Metis Citizens, applicants must have a total gross annual household income not exceeding \$90,000. The applicant household's total liquid assets inclusive of RRSP investments must also not exceed \$300,000. The MMF will consider special circumstances for some applicants who do not meet these criteria.


Due to the overwhelming demand for the program, applicants may experience delays for their repairs. Our team is working as fast as possible and we want to ensure applicants that your Metis government is working hard on your behalf. We are still accepting applications.

Eligible expenditures can include:

- Emergency home repairs
- Home repairs and renovations
- Upgrades for accessibility
- Senior's upgrades for accessibility
- Adapt unit to suit household composition
- Electrical, sewer and water infrastructure, water and sewer testing


Ineligible expenditures include but are not limited to:

- Purchase of land or outbuildings, land transfer costs
- Administration, salaries or wage costs, legal costs
- Purchase of mobile trailers for renovation and repair
- Purchase of housing units to renovate and repair and sell
- Costs associated with the development of drawings and/or blueprints
- Costs associated with legal fees, consultation or permits

 (204) 586-8474 Ext. 230

Citizens send inquiries to:

 mjireception@mmf.mb.ca

 Phone: (204) 586-8474 Ext. 2014

CURRENT INITIATIVES

Since the inception of the MJI in 2003, the MJI has continued to lobby Manitoba and Canada to work towards the development of Métis Specific Justice Programs and Services. The MJI has utilized information obtained through Métis Community Consultations to focus efforts to develop Métis Community Justice Programming that will support Métis Citizens involved in the Criminal Justice System.

Current Initiatives for the Métis Justice Institute include:

- The Métis Community Justice Program;
- The Thompson Community Justice Program;
- The Justice Support Program;
- Justice Programming;
- Domestic Violence Programming; and
- Anger Management Programming.
- Métis Community Inquiries; and
- Policing.

Métis Community Justice Program

The Métis Community Justice Program (MCJP) is a Court Diversion Program that enhances the capacity of the Métis community to deliver culturally appropriate justice alternatives that support the diversion of Métis people from the mainstream justice system to a community-based alternative.

The MCJP focuses on providing culturally appropriate supports, alternatives, advocacy and resources to individuals that are referred to us as clients from the Crown or RCMP through a Restorative Justice Process. Our process focuses on building relationships within the community to repair the harm done by those individuals diverted to the program at a community level. The MCJP currently operates within the MMF Northwest, The Pas and Interlake Regions. If you would like further information regarding this program please contact our office or one of our Regional Staff Members located at the Regional Offices below:

Métis Community Justice Worker - Interlake Region

Manitoba Métis Federation - Métis Justice Institute

✉ 150 Henry Avenue, Room 27, Winnipeg, MB R3B 0J7

☎ Switchboard: (204) 586-8474 Ext. 2741

☎ Toll Free: (800) 665-8474

☎ Fax: (204) 956-0136

Métis Community Justice Worker - The Pas Region

✉ 456 Fischer Avenue, The Pas, MB R9A 1M2

☎ Switchboard: (204) 623-5701

☎ Fax: (204) 623-2825

Métis Community Justice Worker - Northwest Region

✉ 40-1st Avenue NW, Dauphin, MB R7N 1G7

☎ Switchboard: (204) 638-9485

☎ Toll Free: (877) 542-4925

☎ Fax: (204) 638-3878

Thompson Community Justice Program

The Thompson Community Justice Program (TCJP) is a Court Diversion Program that enhances the capacity of the Métis community to deliver appropriate justice alternatives that support the diversion of the mainstream justice system to a community-based alternative.

The TCJP provides appropriate supports, alternatives, and advocacy and resources to individuals that are referred to us as clients from the Crown or RCMP through a Restorative Justice Process. Our process focuses on building relationships within the community to repair the harm done by those individuals diverted to the program at a community level.

The TCJP has staff located in The Thompson Regional Office. If you would like further information regarding this program please contact our office or one of our Regional Staff Members located at the Regional Office below:

Thompson Community Justice Worker - Thompson Region

✉ 171 Cree Road, Thompson, Manitoba R8N 0C2

☎ Switchboard: (204) 677-1430

☎ Toll Free: (866) 677-1430

☎ Fax: (204) 677-2240

Justice Support Program (JSP)

The Justice Support Program (JSP) was developed by the Manitoba Métis Federation to focus on the delivery of an efficient and effective reintegration process for Métis people.

The goal of the JSP is to assist men and women in conflict with the justice system to reintegrate into the community. The program services Métis community members that have been remanded, have been released from provincial or federal correctional facilities or have received community dispositions.

The JSP assists individuals to identify and access resources to overcome barriers and address basic needs such as income, clothing, housing, health, family, etc. The program focuses on enhancing individual life skills to support individuals to become employment or education ready.

Métis Citizens who would like to seek support through the program can participate through the onsite Correctional Career Fairs offered within Manitoba Correctional Centres to speak with staff in person or contact our office by telephone.

Justice Support Program Manitoba Métis Federation - Métis Justice Institute

✉ 150 Henry Avenue, Room 27, Winnipeg, MB R3B 0J7

☎ Switchboard: (204) 586-8474 Ext. 2778

☎ Toll Free: (800) 665-8474

☎ Fax: (204) 956-0136

JUSTICE PROGRAMMING

Domestic Violence Programming

The MJJ has developed the Métis Justice Domestic Violence Program for individuals that require Programming as a part of their involvement with the criminal justice system.

Currently, The Program is utilized within the Regions as a part of The Manitoba Métis Federation's efforts to develop programming that is accessible for Métis Citizens in terms of location, access, and cost effectiveness.

The MJJ does not receive funding to deliver this program, but provides access on an as needed basis to the Métis Community in order to meet the need identified by our Citizens.

Referrals for the Program are received through our Home Office in Winnipeg.

Anger Management Programming

The MJJ has developed the Métis Justice Anger Management Program for individuals that require Programming as a part of their involvement with the criminal justice system.

Currently, The Program is utilized within the Regions as a part of The Manitoba Métis Federation's efforts to develop programming that is accessible for Métis Citizens in terms of location, access, and cost effectiveness.

The MJJ does not receive funding to deliver this program but provides access on an as needed basis to the Métis Community in order to meet the need identified by our Citizens.

Referrals for the Program are received through our Home Office in Winnipeg.

Métis Community Inquiries

The MJI may be contacted from Métis Community Citizens to assist with support, advocacy and information regarding resources to help with specific justice issues.

The Métis Justice Institute welcomes Métis Community Inquires that seek out assistance with information regarding resources to help with justice issues and concerns. The MJI does not provide legal services or provide money to pay for these services, but will assist with resource information and paperwork completion to help deal with legal issues.

The MJI has a resource listing available for each Region that can assist in the areas of legal advice, legal aid referrals, record suspension (formally Pardons) information, policing issues, advocacy, addictions, housing, transportation, employment and training, Manitoba Public Insurance, Identification, individual support with probation orders, food and individual support.

Housing - Rapid Services

✉ 550 Selkirk Avenue, Winnipeg, MB

☎ (204) 589 1613

FAMILY VIOLENCE PREVENTION

FAMILY
VIOLENCE
PREVENTION



Survivors Hope Crisis Center Inc.

☎ (204) 753-5353

✉ Box 925 Pinawa, MB R0E1L0

NorWest Co-op

☎ (204) 938-5900

✉ 785 Keewatin St Winnipeg, MB R2X 3B9

Men Are Part of the Solution (MAPS)

☎ (204) 778-6040

✉ 117B Commercial Place, Thompson, MB R8N1T1

Ma Mawi Wi Chi Itata Centre

☎ (204) 925-0300

Wahbung Abinoonjiiag

☎ (204) 925-4610 225 Dufferin Avenue Winnipeg, MB R2W 5N7

SUPPORTIVE APPROACHES TO FAMILY VIOLENCE



Supportive Approaches to **FAMILY VIOLENCE**

- ♥ Never minimize a woman's safety situation.
- ♥ Be aware of resources and programs available.
- ♥ Collaborate with other women's advocates.
- ♥ Respect her choice – it is important to support her empowerment.
- ♥ Listen for the ways in which she resists violence.
- ♥ Respect and support women who may leave an abusive relationship many times before they are out completely.



<https://www.hss.gov.nt.ca/professionals/sites/professionals/files/resources/guide-risk-assessment-safety-planning-ccp.pdf>

SAFETY PLANNING



SAFETY PLANNING

- ⚠ Can you identify signs that your partner is escalating, such as body language, or anything he says prior to becoming violent?
- ⚠ What sorts of things do you do when you are being abused? Where do you go?
- ⚠ How easy is it for you to leave the house?
- ⚠ Are there areas in your home that are safer than others?
- ⚠ When the perpetrator is abusing you, what areas of your body are most important to protect?
- ⚠ Is there a safe place in the community you can go to if necessary?
- ⚠ Is there something you can do or say to your children, so they know to get to a safe place?
- ⚠ Is there something you can do or say to someone that you trust to let them know you need help?
- ⚠ Who can be a part of your safety plan so that they can get help for you?
- ⚠ What role can professionals play in safety planning?
- ⚠ Can you keep some extra money somewhere for emergencies?
- ⚠ Do you think you will ever be interested in involving the police?



<https://www.hss.gov.nt.ca/professionals/sites/professionals/files/resources/guide-risk-assessment-safety-planning-ccp.pdf>

POWER AND CONTROL WHEEL



The Power and Control Wheel is a heuristic tool that focuses on how eight different types of abuser tactics partner with physical and sexual violence (or the threat of physical and sexual violence) to dominate a victim. The wheel is made up of these component parts:

Physical and Sexual Violence (outer ring)

Using Intimidation

Using Emotional Abuse

Using Isolation

Minimizing, Denying and Blaming

Using Children

Using Male Privilege

Using Economic Abuse

Using Coercion and Threats

For wheels related to many different types of relationships, see <https://www.theduluthmodel.org/wheel-gallery/>





Infinity Women Secretariat

✉ Manitoba Métis Federation (MMF) Home Office:
11-150 Henry Avenue
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